IDEAL PROTEIN

Understanding Your Daily Macro Needs Sheet

Team Protein

Choose your daily protein servings from the Daily Macro Needs sheet.

You may increase or decrease the number of high-quality protein servings throughout Stabilization based on your hunger levels, satiety, and maintenance of lean body mass.

On average, each serving of protein ranges from 12 to 23 grams, depending on your protein choice and its portion size. The goal is to incorporate a variety of choices when distributing your daily servings between your meals and snacks, with the intent of consuming a minimum of 1 serving at meals and 1/2 serving at snacks.

One Ideal Protein packet/item daily is required during Stabilization. Up to two Ideal Protein packets/ items daily are allowed.

Team Fat

Choose your daily fat servings from the Daily Macro Needs sheet.

Your coach will provide you with a range of fat servings. Depending on your activity levels, you and your coach will determine your starting number. This is just your "starting point" and you may increase or decrease this number throughout Stabilization based on hunger, activity, and weight trends.

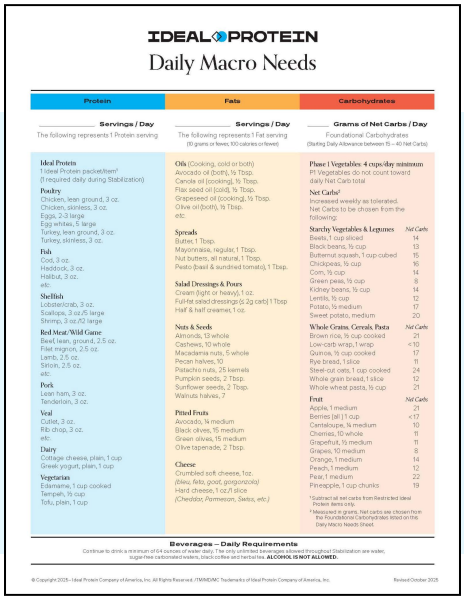
Each serving of fat is 100 calories or fewer or 10 grams of fat or fewer. You will notice that some fat choices may also be rich in protein, such as nuts and cheese. But because these choices are highest in fat, they are only counted toward one of your fat servings.

Team Carbohydrate

Choose your daily carbohydrates from the Daily Macro Needs sheet.

Foundational carbohydrates consist of a variety of complex carbohydrates that are high in nutrients and fiber, which are key factors in weight stabilization. All the vegetables offered in the Weight Loss Phase, including the "occasional vegetables," are unlimited in stabilization. But to ensure that you receive adequate fiber to meet your weight stabilization needs, a minimum of four cups per day is mandatory.

In addition to the mandatory vegetables, other sources of complex carbohydrates listed under *Foundational Carbohydrates* can be slowly reintroduced into your diet. These choices are higher in starch, which may affect your blood sugar and impact hunger. Therefore, reintroduction must be slow and monitored through daily satiety screenings in your journal. Your starting daily allowance is 15-40 grams of net carbohydrates. With your coach you will determine your net carbohydrate allowance weekly, based on your tolerance (through your hunger and satiety screenings), mood and energy levels, and weight trends. Based on your weekly results, your net carbohydrate allowance may not change, may be increased by 5 grams or possibly reduced. Do not consume below the 15 grams net carbohydrate minimum any day during Stabilization.



IDEAL PROTEIN

Daily Macro Needs

Protein	Fats	Carbohydrates
_____ Servings / Day The following represents 1 Protein serving	_____ Servings / Day The following represents 1 Fat serving (10 grams or fewer, 100 calories or fewer)	_____ Grams of Net Carbs / Day Foundational Carbohydrates (Starting Daily Allowance between 15 – 40 Net Carbs)
Ideal Protein 1 Ideal Protein packet/item[1] (1 required daily during Stabilization) **Poultry** Chicken, lean ground, 3 oz. Chicken, skinless, 3 oz. Eggs, 2-3 large Egg whites, 5 large Turkey, lean ground, 3 oz. Turkey, skinless, 3 oz. **Fish** Cod, 3 oz. Haddock, 3 oz. Halibut, 3 oz. etc: **Shellfish** Lobster/crab, 3 oz. Scallops, 3 oz./5 large Shrimp, 3 oz./12 large **Red Meat/Wild Game** Beef, lean, ground, 2.5 oz. Filet mignon, 2.5 oz. Lamb, 2.5 oz. Sirloin, 2.5 oz. etc: **Pork** Lean ham, 3 oz. Tenderloin, 3 oz. **Veal** Cutlet, 3 oz. Rib chop, 3 oz. etc: **Dairy** Cottage cheese, plain, 1 cup Greek yogurt, plain, 1 cup **Vegetarian** Edamame, 1 cup cooked Tempeh, ½ cup Tofu, plain, 1 cup	**Oils** (Cooking, cold or both) Avocado oil (both), ½ Tbsp. Canola oil (cooking), ½ Tbsp. Flax seed oil (cold), ½ Tbsp. Grapeseed oil (cooking), ½ Tbsp. Olive oil (both), ½ Tbsp. etc: **Spreads** Butter, 1 Tbsp. Mayonnaise, regular, 1 Tbsp. Nut butters, all natural, 1 Tbsp. Pesto (basil & sundried tomato), 1 Tbsp. **Salad Dressings & Pours** Cream (light or heavy), 1 oz. Full-fat salad dressings (≤ 2g carb) 1 Tbsp Half & half creamer, 1 oz. **Nuts & Seeds** Almonds, 13 whole Cashews, 10 whole Macadamia nuts, 5 whole Pecan halves, 10 Pistachio nuts, 25 kernels Pumpkin seeds, 2 Tbsp. Sunflower seeds, 2 Tbsp. Walnuts halves, 7 **Pitted Fruits** Avocado, ¼ medium Black olives, 15 medium Green olives, 15 medium Olive tapenade, 2 Tbsp. **Cheese** Crumbled soft cheese, 1oz. *(Brie, feta, goat, gorgonzola)* Hard cheese, 1 oz./1 slice *(Cheddar, Parmesan, Swiss, etc.)*	**Phase 1 Vegetables: 4 cups/day minimum** P1 Vegetables do not count toward daily Net Carb total **Net Carbs[2]** Increased weekly as tolerated. Net Carbs to be chosen from the following: **Starchy Vegetables & Legumes** — *Net Carbs* Beets, 1 cup sliced — 14 Black beans, ½ cup — 13 Butternut squash, 1 cup cubed — 15 Chickpeas, ½ cup — 16 Corn, ½ cup — 14 Green peas, ½ cup — 8 Kidney beans, ½ cup — 14 Lentils, ½ cup — 12 Potato, ½ medium — 17 Sweet potato, medium — 20 **Whole Grains, Cereals, Pasta** — *Net Carbs* Brown rice, ½ cup cooked — 21 Low-carb wrap, 1 wrap — <10 Quinoa, ½ cup cooked — 17 Rye bread, 1 slice — 11 Steel-cut oats, 1 cup cooked — 24 Whole grain bread, 1 slice — 12 Whole wheat pasta, ½ cup — 21 **Fruit** — *Net Carbs* Apple, 1 medium — 21 Berries (all) 1 cup — <17 Cantaloupe, ¼ medium — 10 Cherries, 10 whole — 11 Grapefruit, ½ medium — 11 Grapes, 10 medium — 8 Orange, 1 medium — 14 Peach, 1 medium — 12 Pear, 1 medium — 22 Pineapple, 1 cup chunks — 19 [1] Subtract all net carbs from Restricted Ideal Protein items only. [2] Measured in grams. Net carbs are chosen from the Foundational Carbohydrates listed on this Daily Macro Needs Sheet.

Beverages – Daily Requirements

Continue to drink a minimum of 64 ounces of water daily. The only unlimited beverages allowed throughout Stabilization are water, sugar-free carbonated waters, black coffee and herbal tea. **ALCOHOL IS NOT ALLOWED.**

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